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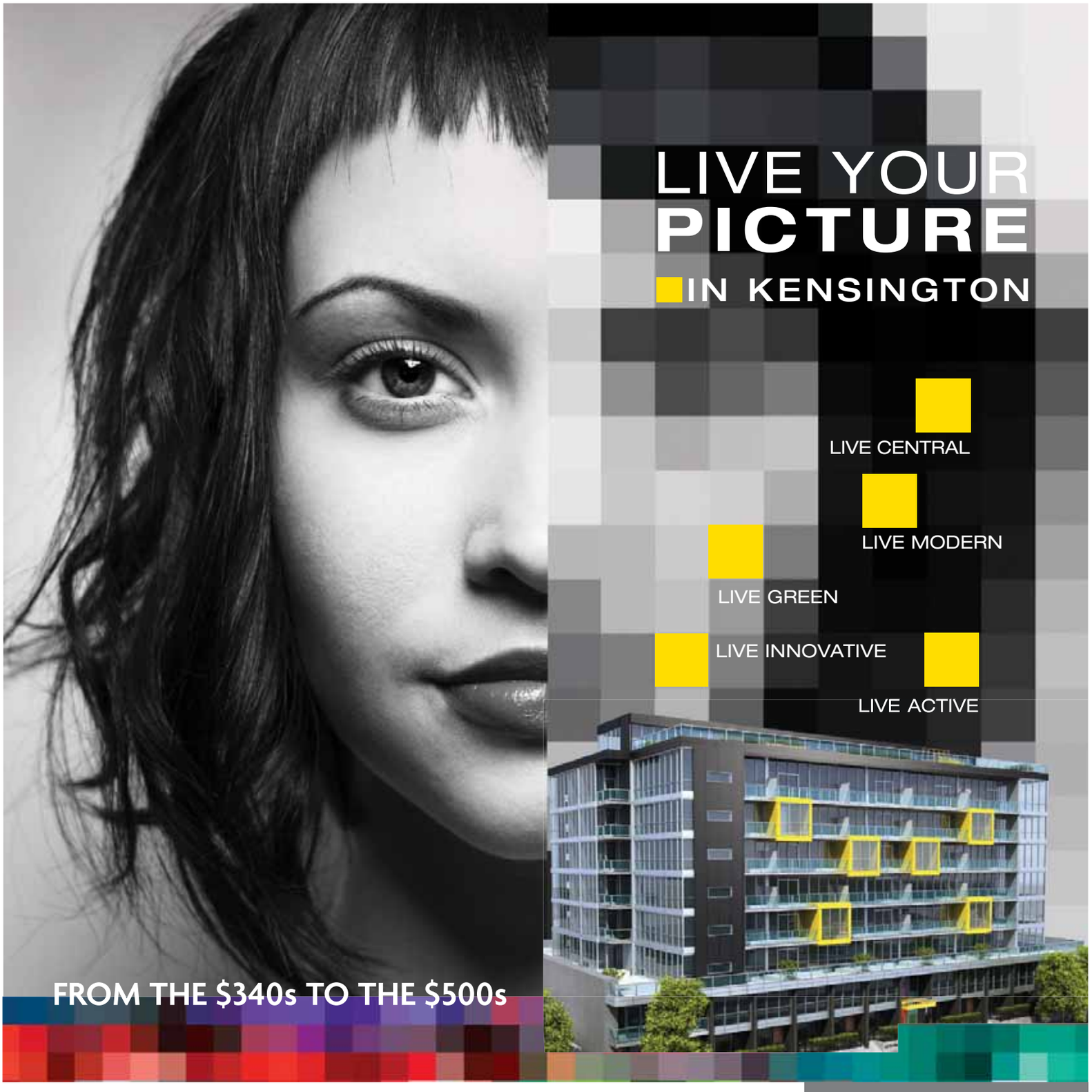

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DARK MESSAGE
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ONE MONTH
A CHECK ON OCCUPY CAMPS IN CANADA {page 8}

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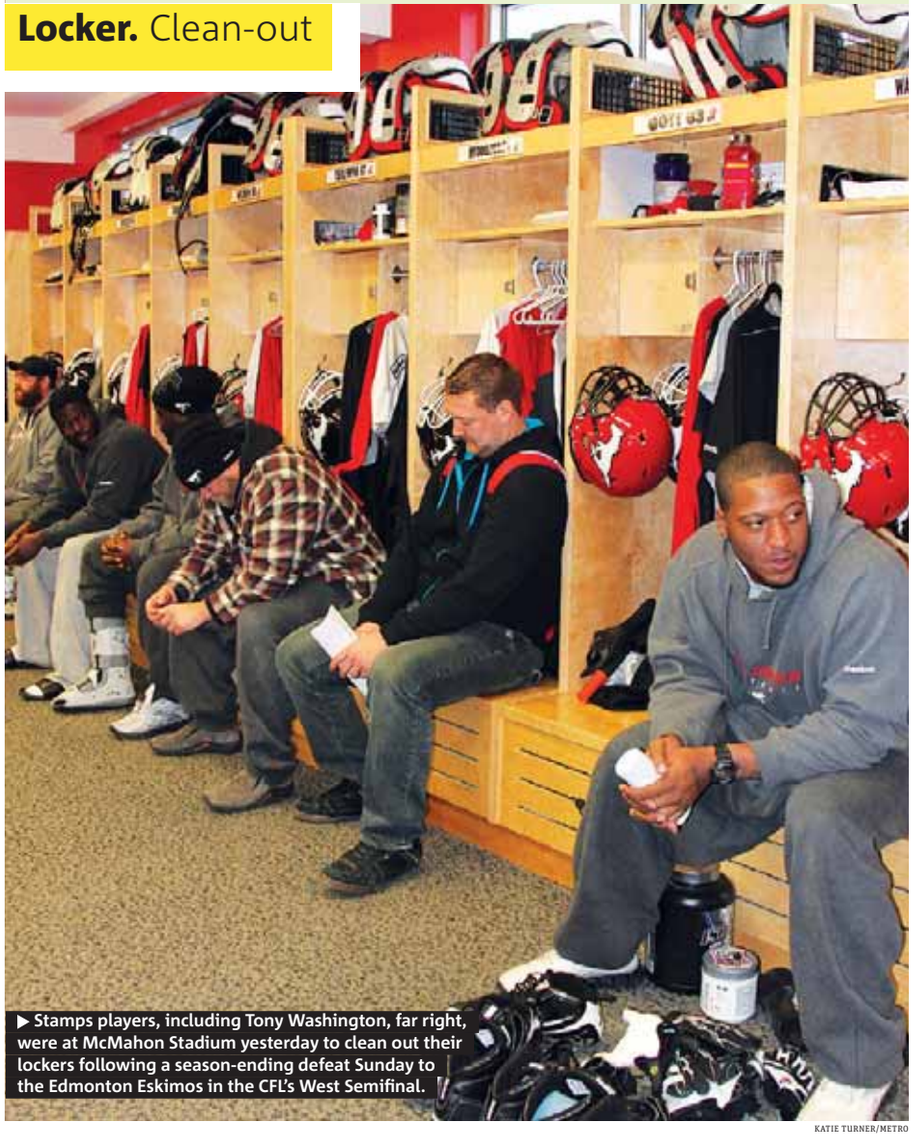

▶ Stamps players, including Tony Washington, far right, were at McMahon Stadium yesterday to clean out their lockers following a season-ending defeat Sunday to the Edmonton Eskimos in the CFL's West Semifinal.

KATIE TURNER/METRO

Question: Who will return next season?

The Stampeders are heading to the off-season with questions about who will return. Henry Burris told reporters he wants to return to Calgary next season as the starting quarterback, but his fate remains up in the air.

Pro-lifers put 'army' to work

Aim to target schools, city's core, mailboxes

Calgarians will bear witness to images of aborted fetuses on a weekly basis if a locally based pro-life group sees its boldest campaign to date through.

The Canadian Centre for Bioethical Reform recently launched End the Killing, an advancement of past controversial efforts that have included targeting Calgary high school children with graphic images of unborn fetuses and plastering those same pictures to a truck driven through major commuter areas.

Now, the group hopes by 2020 to grab the attention, at least once a week, of all Calgarians old enough to consider an abortion.

To accomplish this, staff members are preparing a postcard campaign that will target every city mailbox, as well as far more frequent demonstrations in high-traffic areas and in front of schools.

"We are in a war of ideas," said Stephanie Gray, the group's co-founder and executive director, who recently told a Judeo-Christian lifestyles website that the group is building "an army, essentially, of foot soldiers."

The centre's methods have long drawn criticism from individuals on both ends of the abortion spectrum. Famed Calgary Bishop Fred Henry once deemed their actions a "violation of human dignity."

Celia Posyniak, executive director for the Kensington Clinic, which offers abortions, said she believes Calgarians have already sent a clear message of disapproval to the centre over its tactics.

"It's a very short-sighted effort that they make — I think it's bullying," she said. "I guess by doing this they're showing their frustration they haven't had an impact, so they are shouting even louder."

Gray dismissed the claims, stating that the group has seen an "explosion" of support recently and that all calls for social change are initially met with resistance.

"What's worse, the images of abortion or the act of abortion?" she said. "If people are bothered by seeing these images, they should be more bothered by the fact that approximately 5,000 children are being killed every year at the Kensington Clinic."

JEREMY NOLAIS

Issue of censorship

▶ In the past, the Calgary Board of Education and Calgary Catholic School District have not been able to censor pro-life demonstrations because they are conducted just off school grounds.

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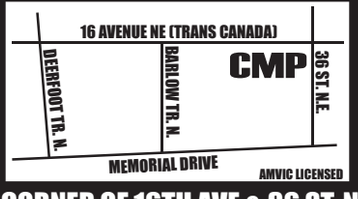

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Six-year-old dies after paramedics rush to home

JEREMY NOLAIS
@METRONEWS.CA

As a child died from injuries suffered inside a northeast Calgary residence yesterday, police offered little information on what may have happened inside the Temple home.

Officers were called to accompany paramedics to a residence in the 6700 block of Temple Drive Northeast around 7 p.m. Sunday. A six-year-old girl was found inside suffering from "critical" injuries and was rushed to hospital.

Neighbours told Metro yesterday a family of six had recently moved into the home and had generally kept to themselves.

Neguse Berhe, who lives next door, said he met a woman and her daughter living in the home last week.

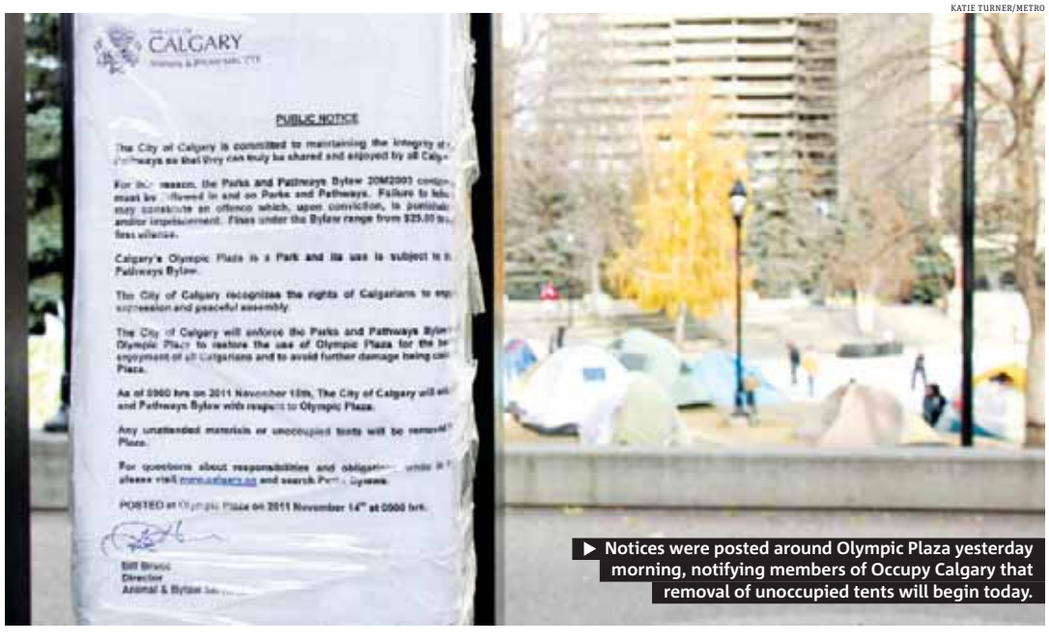
The daughter, who Berhe learned is the only girl of four children living in the home, had scratches on both sides of her face; however, the woman indicated they came as a result of frequent falls.

"It didn't look like it was from falling," he said. "It looked like scratches."

According to a release, police have yet to determine whether the incident is accidental or suspicious in nature.

An autopsy is planned, but a formal date and time had not been set as of last night.

KATIE TURNER/METRO



Notices were posted around Olympic Plaza yesterday morning, notifying members of Occupy Calgary that removal of unoccupied tents will begin today.

City to begin collapse of Occupy tents

Bylaw signs posted in Olympic Plaza yesterday • Council voted in favour of moving forward with an 'action plan' to remove tents last week

KATIE TURNER
@METRONEWS.CA

More than a month after tents went up in Olympic Plaza as part of the Occupy Calgary demonstration, the city says they will begin taking them down today.

Notices went up around the park yesterday warning demonstrators that "any unattended materials or unoccupied tents will be removed."

Bylaw boss Bill Bruce explained tickets were the first stage, but they are now targeting tents used for food and storage.

"Those are unattended tents, I would say, but we'll go slow and give them the right and courtesy to move their tents voluntarily," he said.

Occupier Chelsea Pratchett said she's hoping they can find people to occupy the unattended tents during the day.

"There are people that get up and go to work in the morning, so that will be my main concern," she said.

Fellow demonstrator Jason added the group was seeking legal advice yesterday.

"We're just playing it by ear, basically," he said.

Ald. John Mar said he will be happy to see steps taken towards the removal of the tents.

"We hope that they will respect the fact that we are asking them to vacate the premises with regards to the camping, but they are welcome to stay during park hours," he said. "Protest, yes; tents, no."

WITH FILES FROM JEREMY NOLAIS

Fines possible

- Bill Bruce said the city is unsure how many of the tents are occupied.
- According to the signs posted, removal of the tents was scheduled to begin at 9 a.m. today.
- Fines could be handed out.

1 news

In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan code for story.

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HEATHER MCINTYRE/METRO

▶ Memorials have been set up at Holy Trinity Catholic High School, both inside the entrance and outside the school's chapel, in honour of Kyle Fundytus. He died on Sunday after being hit in the neck with a puck while blocking a shot.

Kyle remembered

Coach says he was 'just putting it out for our guys'
Family has donated teen's organs for transplants

HEATHER MCINTYRE
@METRONEWS.CA

Messages of love and remembrance stretched across the walls of Holy Trinity Catholic High School yesterday, as students and staff grieved the death of an Edmonton teenager.

A single flame, photo and news article were also at 16-year-old Kyle Fundytus' locker.

"It's very important to us to make sure that this is available to them," said principal Cathy Nissen. "We will leave this up as long as the students need it."

11

Fundytus wore No. 11 for the Don Wheaton midget AA team, part of Edmonton's South Side Athletic Club.

Fundytus died Sunday morning after being hit in the neck with a puck while blocking a shot Saturday afternoon. His coach called it a freak accident.

The youth's midget AA coach Nathan Papirny said no equipment can protect a player completely.

"These kids are covered in gear, and high-end gear," he said. "You have vulnerable spots on your body in any kind of gear and it hit that vulnerable spot."

Officials with the club said Fundytus was wearing the required neck protection, though Hockey Edmonton, Hockey Alberta and Hockey Canada all plan to review what happened.

In a statement, Laurie Fundytus said his son's "zest for life and passion for hockey" will stay with them.

WITH FILES FROM CANADIAN PRESS

Say goodbye to exact change at train stations

KATIE TURNER
@METRONEWS.CA

KATIE TURNER/METRO

▶ Nearly every C-Train station is equipped for payment with credit and debit cards.

Transit users can now look back at the days of exact change as a distant memory after the installation of different payment methods at Calgary C-Train stations.

At least one machine that processes debit and credit cards is available at nearly every station and ticket machines now return change.

"You plan ahead," said Amber Hewitt, who has become accustomed to having exactly $2.75 in her pocket.

Hewitt, along with other transit users, said she's grateful for the new added convenience.

"People are very happy with it," said transit spokesperson Theresa Schroder. "It's just another good alternative if you want to pay that way."

Where they are

- The Zoo Station has two machines.
- Stampede Station has three machines.
- Sunnyside station only has one machine on the inbound side.
- Stations in the south have one machine in the station and another near the platform.
- The machines accept Visa, MasterCard and American Express.

Transit user Ayyaz Akram recently moved to Calgary from Toronto, where the transit system is already equipped with similar payment methods.

"When people get familiar with using it, I think it will be much more efficient," he said.

Some downtown stations along 7 Avenue are not equipped with the technology but should be outfitted by March, according to Schroder.

Bunny saga continues in Canmore

An Edmonton photographer's attempt to stop Canmore from trapping and gassing its feral rabbits was dismissed in court yesterday.

However, Save Canmore Bunnies got a boost when it received an offer of help from Calgary Animal Services, which said it will provide free spay and neuter surgeries at its clinic.

THE CANADIAN PRESS

Gas likely source of explosion

Calgary fire crews did not determine exactly what caused an explosion in the northwest community of Arbour Lake Friday but say the smell of gasoline filled the air.

The incident blew manhole covers in the air and forced the evacuation of 118 houses amid safety fears.

METRO

Body found in Calgary home

Calgary police have launched an investigation after a young adult was found dead in a home Sunday.

Officers were called to the 100 block of Falmere Way Northeast, where they found the body of a man in his 20s.

An autopsy on the body is scheduled for today.

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KATIE TURNER/METRO

▶ Metro columnist Mike Morrison.

▶ Metro editor Darren Krause.

Movember battle gets hairy

Watch video of Darren and Mike's progress at metronews.ca/calgary

KATIE TURNER
@METRONEWS.CA

Midway through Metro's Movember Challenge and the two contenders are growing strong. On Nov. 1, Metro columnist Mike Morrison challenged editor Darren Krause to see who could grow the best 'stache as voted by Metro readers.

"He's putting up good competition," Morrison said. "I still think my moustache is doing the slow-and-steady-wins-the-race."

Krause is taking a different approach by growing chops in addition to his moustache.

"I really don't want to make this about me versus Mike, my 'stache against his 'stache. I'm not sure that's what this is really about," Krause said. "But I'll take any opportunity to show one of my columnists who actually is the boss."

Council needs to shed light on tunnel: Alderman

While construction has already begun on Calgary's airport tunnel, one alderman is looking for a more definitive cost for the project.

Ald. Gord Lowe argued in chambers yesterday that council was never given the cost of construction from start to finish.

"When you finally connect all the pieces together … when you add all those pieces up, how much does that project really cost the city?" he said.

Mayor Naheed Nenshi accused Lowe of rehashing a debate on an issue council has already approved, but Lowe said that was not his intention.

"I'm not looking to revisit whether we should build a tunnel. That ship has set sail, so we're going to build a tunnel, but I think Calgarians have the right to know what the total cost of this project is."

KATIE TURNER

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United they fall

It's been one month since the Occupy Wall Street movement went global ◗ We check in on camps in Metro cities across Canada ◗ Word from most officials: Get out

Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.

Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received $7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.

Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.

Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.

Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.

Occupy Toronto

More bark than byte? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."

Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

METRO CANADA

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Court hears honour rant

Montreal man accused of killing his three daughters calls them 'treacherous' on recording, saying they betrayed and violated the family

A Montreal man charged with killing his three daughters cursed them as "treacherous" for having boyfriends and said even if they came back to life 100 times he would "do the same again," court heard yesterday.

Shafia, 58, his wife, Tooba Mohammad Yahya, 41, and their son, Hamed, 20, have each pleaded not guilty to four counts of first-degree murder.

Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, Shafia's other wife in a polygamous marriage, were found dead inside a car submerged in the Rideau Canal in Kingston, Ont., on June 30, 2009.

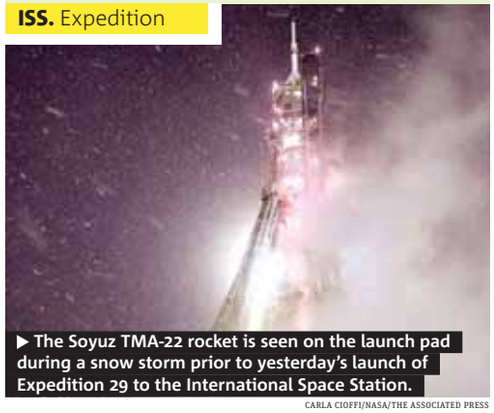
Several intercepts, made from listening devices placed in the family's minivan, home and on Hamed's cellphone in the days leading up to their July 22, 2009, arrests were played in court yesterday. Shafia largely dominates the conversations, lamenting the fact that his daughters were dating, and rants about family honour.

THE CANADIAN PRESS

"Even if, God forbid, they hoist us onto the gallows ... we accept it wholeheartedly."

MURDER SUSPECT MOHAMMAD SHAFIA TO HIS WIFE AND SON, AS HEARD ON A POLICE INTERCEPT ONE DAY BEFORE THE THREE WERE ARRESTED

ISS. Expedition



▶ The Soyuz TMA-22 rocket is seen on the launch pad during a snow storm prior to yesterday's launch of Expedition 29 to the International Space Station.

CARLA CIOFFI/NASA/THE ASSOCIATED PRESS

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- Northgate Centre- kiosk
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- South Park Centre
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More than a pipe dream despite setback

Alberta premier has no regrets about pipeline project ◐ Confident Keystone XL will win U.S. approval

Alberta Premier Alison Redford says she still believes in the Keystone XL pipeline project and remains confident it will eventually win approval in the United States.

And she says it will be up to the U.S. alone to make up its own mind and judge the $7-billion bitumen pipeline on its own merits.

The U.S. State Department slammed the brakes on the cross-border plan last week by ordering pipeline giant TransCanada to take it back to the drawing board.

Redford says she has no regrets about Alberta's lobbying efforts on Keystone, saying that it would have been inappropriate for Alberta to try to influence an independent regulatory process.

She says that process is still underway and needs to be allowed to run its course.

THE CANADIAN PRESS

Massive protest

- Keystone XL, designed to transport bitumen from Alberta's oilsands down through six U.S. states to refineries on the Gulf Coast, met a massive groundswell of protest from environmental advocates in both the U.S. and Canada.
- The original route took the pipeline directly through the Sand Hills of Nebraska and over a key underground aquifer that provides drinking water to millions of U.S. residents.

$100. Smile

▶ Bank of Canada Governor Mark Carney shows off the new $100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada yesterday rolled out its new $100 bill to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple-leaf window. The $50 polymer note will follow next March. The rest of the plastic money will be in circulation by the end of 2013.

Rifle demo doesn't end well

A 14-year-old boy is facing eight weapons related charges after his friend was shot when a gun accidentally went off.

Police said yesterday the show-and-tell went wrong when the suspect pointed a rifle at the 14-year-old victim, mishandled the firearm and the victim was shot in the "upper body."

Police and paramedics were called to an apartment at about 4:30 p.m. The victim was brought to hospital in stable condition. Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot the victim. The suspect fled the apartment but turned himself in later that night.

Winnipeg police said they are still searching for the weapon.

Several teens gathered in the apartment suite are known to police for either drug-related charges or ties to gangs.

CRYSTAL LADERAS IN WINNIPEG

THE ASSOCIATED PRESS

▶ Unidentified French aid workers, left, who were held hostage by al-Qaida, arrive in Muscat, Oman, yesterday, after their release in Yemen.

Freed aid workers return to France

Aid group says three workers — two women and a man — captured by al-Qaida are in good health

Three French aid workers captured by al-Qaida militants in Yemen six months ago returned home last night, hours after being freed thanks to help from the sultan of Oman and a possible ransom payment.

Kidnappers linked to al-Qaida's offshoot in the region had demanded $12 million US in exchange for the three and had threatened to kill the hostages if ransom wasn't paid imminently, according to Yemeni officials.

The circumstances of the aid workers' release remained murky. A senior Yemeni tribal mediator, who spoke on condition of anonymity because he is not authorized to speak to the media, said the Omani government and a Yemeni businessman paid a ransom, though he gave no figure and the ransom couldn't immediately be confirmed.

THE ASSOCIATED PRESS

Six months ago

- The workers from Triangle Generation Humanitaire were abducted May 28 in eastern Yemen's Hadramawt province, home to al-Qaida in the Arabian Peninsula.
- The aid group, based in Lyon, France, works on projects to improve water supplies and farming infrastructure.

News in brief

Outrage in U.K. over cab-bug plan

BRITAIN. Civil liberties campaigners expressed outrage yesterday at an English city's plan to install audio recorders in licensed taxi cabs as a security measure.

Officials in Oxford say that starting next year its 600-plus cabs will carry audio-equipped cameras that run whenever the vehicle is in use, "leading the way" in ensuring the safety of passengers and drivers. THE ASSOCIATED PRESS

Same-sex union leads to residency

RIO DE JANEIRO. Brazil's government for the first time has granted a foreign citizen the right to live permanently in the country based on a same-sex relationship with a Brazilian citizen, according to a notice published yesterday in the country's Federal Register.

The action grows out of an October ruling by the country's Supreme Court recognizing same-sex marriage, giving gay couples rights such as the ability to jointly file taxes and to jointly adopt a child.

THE ASSOCIATED PRESS

DIY-makeup miner arrested

BEIJING. Chinese police detained a mine boss who smeared coal on his face to pretend he had been in the shaft where 34 miners died and nine are still trapped, state media said yesterday.

Mine bosses who don't go underground with their workers face severe punishments under a rule imposed last year to improve safety.

THE ASSOCIATED PRESS

GREGORIO BORGIA/THE ASSOCIATED PRESS

▶ Italian right-wing party supporters hold a banner that partially reads, "No to Monti" during a protest in Rome yesterday.

Italy's PM designate steps up to plate

Monti needs vote of confidence from political parties that seem divided

Italy's prime minister-designate Mario Monti said yesterday it is "premature" to say whether the country will require more tough measures to rescue its finances and revive its economy, as he sought enough backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent yesterday consulting with political parties, then said he couldn't say when he would have a cabinet lined up. A few party leaders have been demanding the non-partisan Monti only last long enough to implement economic reforms, then step down so elections can be called this spring, a year ahead of schedule. But Monti, a 68-year-old economist, made it clear that he intends to serve until spring 2013 elections. **THE ASSOCIATED PRESS**

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Canada's economy on slow track: OECD

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD's monthly index for composite leading indicators pointed "more strongly to slowdowns in all major economies" with Canada among those to see a drop below the long-term trend.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from 101.2 in May. For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May. **THE CANADIAN PRESS**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 52.66 (12,224.19)	+ 0.08¢ (98.34¢ US)

Oil	Natural gas	Gold
- 85¢ US ($98.14 US)	$3.458 (- 12.6¢)	$1,778.40 (- $9.70)

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and U.S. President Barack Obama.

Canada looks eastward

Canada has emerged from meetings with Asia Pacific nations with one foot firmly facing East in search of economic opportunities.

Prime Minister Stephen Harper used the two days at the APEC Summit in Hawaii to more forcefully advance a trade strategy for the region that his government has been promising for the last five years.

Leaders of the 21-member APEC said the region is now the vanguard for global growth. **THE CANADIAN PRESS**

News in brief

Airline fined for delays

FLIGHT. The U.S. Department of Transportation said yesterday it has fined American Eagle Airlines $900,000 US for tarmac delays of more than three hours on 15 flights, which affected 608 passengers. **THE ASSOCIATED PRESS**

Starbucks drops fees

COFFEE. Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer-protection agency fined it $1,575 US over the practice. **THE ASSOCIATED PRESS**

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OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO

I was six years old when I first donned a pair of pink plastic frames with lenses as thick as windowpanes. I don't think I realized it then but my face would never be the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

"And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion. "

Today, my Rx for distance vision is a solid - 6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

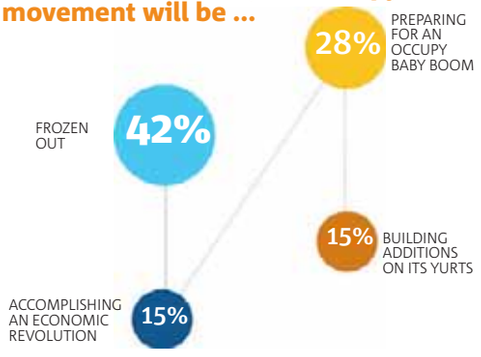
To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel **Register at metropolitanpanel.ca and take the quick poll**

At the end of winter, the Occupy movement will be ...



Local tweets

- **@TimLLomenda:** Gettin home and it's been dark for almost an hour already #winterblues #yyc
- **@GoodsWithStory:** Pretty nasty weather in #yyc, hope more people got their snow tires installed!
- **@IsntIT_LOVERLY:** What snow? Nothing can stop me from shopping! #yyc
- **@jfleury89:** Can't wait for #yyc drivers when there is more then a mm of snow on the roads #killmenow
- **@henteko_mai:** Calgary, I've known you for 24 years and I really like you but let me be honest with you...I'm not a huge fan of your winter. #yyc #winter
- **@iginny:** Our ticket dispensers for #yyc #transit now take debit and credit machines. Welcome to 2011! #tooklongenough #stuckinthepast
- **@sugarandstripes:** Everyday I'm shoveling #pimpmychores #yyc
- **@keliuc:** Super happy to be taking the #ctrain on this first day of snow #yyc #yyctraffic
- **@Jaanikka:** Pretty quiet in the #occupycalgary hashtag. Are they packing? LOL #yyc

Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
DARTMOUTH, N.S.

▶ This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid $870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an imperfect way of mourning.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

▶ Kim Il-nam displays beads made from his father's ashes

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang. It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. THE ASSOCIATED PRESS

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2 scene

A 'krilling' adventure

Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story

RICHARD CROUSE
SCENE@METRONEWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his resumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, Happy Feet Two, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill – a minute marine crustacean.

"Happy Feet Two is not a saga," he says. "It's not the hero myth, except from the point of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world.

HANDOUT

▶ Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, Happy Feet Two was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera because he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

▶ When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.
THE ASSOCIATED PRESS

Scene in brief

Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released The Iron Lady. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.
THE ASSOCIATED PRESS

First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

DVD Releases

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Harry Potter and the Deathly Hallows: Part 2

Genre: Adventure
Director: David Yates
Stars: Daniel Radcliffe, Emma Watson, Rupert Grint

Ten years and eight films after Harry Potter's cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In Harry Potter and the Deathly Hallows: Part 2,returning director David Yates, screenwriter Steve Kloves and many other creative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the Harry Potter sagas, but also the most exciting.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treatment, with visual mayhem and character dynamics writ large. Even viewers fully versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed. The only disappointing aspect of this otherwise stellar send-off to Harry Potter is the post-production conversion to 3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final Potter book, which I present as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.

Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes.

PETER HOWELL

Larry Crowne

Genre: Comedy
Director: Tom Hanks
Stars: Tom Hanks, Julia Roberts, Sarah Mahoney

½

Somewhere in a dark corner of hell, a satanic film class is waiting to study Larry Crowne.

Can there be a better textbook example of soulless Hollywood product than this Tom Hanks/Julia Roberts vehicle? It's a movie of unbelievable characters, fake emotions and unearned resolutions, cynically pitched as a feel-good flick about coping with unemployment.

Hanks (who also directs, and co-writes with Nia Vardalos) stars as the low-ambition Larry, who happily toils as a minimum-wage drone at U-Mart, a fictional Walmart clone.

When he gets the boot one day after being told he doesn't meet their requirements because he's lacking a degree, Larry picks himself up and immediately enrolls at a community college.

There he must take a public-speaking course taught by Mercy, played by the perpetually brittle Julia Roberts.

You get no awards if you figure out there will be a romance between Mercy and Larry. But don't get excited ... the sparks from these two couldn't ignite an open barrel of gasoline.

Extras include deleted scenes and a making-of featurette.

PETER HOWELL

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Talking points

Middleton can't move on

ROYALTY. Pippa Middleton is reportedly having a harder time dealing with her breakup from Alex Loudon than expected, according to the Sun.

"Pippa tried to get over the split by spending last weekend with (William and Kate) at Balmoral," a source says. "She and Alex split briefly in the summer, but this time it's over. They are barely speaking."

That might explain why she recently cancelled plans to attend the high-profile Square Mile Masked Ball next week.

"From what I hear, Pippa's been making a few alterations to her social calendar," a source tells Us Weekly. "It looks like she's trying to keep a low profile — which is a bit of a change." METRO

ALL PHOTOS GETTY IMAGES

▶ Kat Von D

Jesse James cheated with 19 women, alleges Kat Von D

Tattoo artist bares all on recent Facebook post

Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

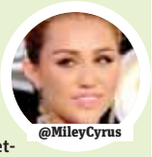
She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Celebrity tweets



Sorry I havent been tweeting as much! I deleted the twitter ap off of my phone. Just taking some "ME" time!

@MileyCyrus

@JuddApatow

Does the job of stewardess make most angry or does it draw those people in to the profession. You can always tell when one is over the edge

@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh

@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. METRO

▶ Brad Pitt

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ISTOCK PHOTO

▶ Black licorice — it's just one more delicious thing that is bad for you.

Casting a dark light on black licorice

Eating large amounts of the tasty treat linked to health complications Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy

CELIA MILNE
LIFE@METRONEWS.CA

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and because she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to normal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

3 life

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog. METRO

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$45
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552 million people could have diabetes by 2030; experts say many cases still preventable

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTO

Eat By the Clock I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight.

Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer.

Mid morning Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch. Apple slices with peanut butter is a good snack choice.

Lunch A chicken or salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

METRO WORLD NEWS

▶ Ray Zahab started smoking at an early age. Since quitting he has gone on to lead an active life competing in marathons and other events.

From extreme smoker to an extreme success

Going on 30, Ray Zahab was smoking up to two packs a day He quit and is now an ultra marathoner who has run across Antarctica

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Ray Zahab told Metro, in his own words, how he dealt with his addiction to smoking and became a superstar in the process.

"I was sedentary. I wasn't the sporty type; in high school I was the 'dodge ball target.' At 30, I felt unfulfilled. I needed to change something but I didn't know what. I decided to take control of my body. It wasn't about being healthy. It was about becoming a different person.

In my case smoking wasn't an addiction, it was something I loved doing. Having a cigarette went hand in hand with a cup of coffee or a pint of beer.

Giving up was a metaphor for all the negative things in my life. Step 1 was giving up the worse thing I was doing to myself. Tobacco.

It took me a year and a half to quit but on New Year's Eve 1999 I smoked my last cigarette and from Jan. 1 onwards I looked at life differently.

I lived every day like my last and discovered my body was like an engine. I was 30 years old and I was being introduced to someone I'd never met. That person is in each and everyone one of us. As I came to control one thing, I began closing the door on the negative and opening up to the positive. This sounds cheesy, but all the negativity in my life was gone. I took up mountain biking and within three months my body was completely clean. I wasn't a runner; I lacked power and endurance and I didn't think I had the build but in 2003 I read an article about ultra marathons and I thought, 'what the heck' and signed up to run the Yukon arctic race.

I'd run a maximum of five times in three years and I had just under three months left to transition from mountain bike to marathon training.

Half way through the race I was on the verge of dropping out. I was dragging my sled and freezing. I sat down and went through the things that had bought me here. I thought, 'four years ago, you quit smoking and this is where it has lead you.' I got up and took it one step at a time, determined to go as far as possible.

Then I lost track of time. I started running, walking, running walking and my mind was in a different place. I don't know how, but I won the race.

Running taught me I could do things I would never have imagined. I've since won several extreme races but have not strived to become Mr Extreme. We can all achieve the impossible."

How I quit

1. Believe in yourself. It sounds corny, but we can be our own worst enemies.
2. The challenge in overcoming many challenges we face are 90 per cent mental. The other 10 per cent is all in our heads.
3. Quit smoking cold turkey. Slowly build it up so that you're smoking less and less each day but once it's your last, it's your last.

bodhi

Achieving Oneness with Higher Soul by Master Choa Kok Sui teaches to become One with our Higher Soul, One with the "I AM", The Christ, The Buddha, The Shiva, The Krishna nature within all of us.

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CLOVER LEAF

Shawarma with a Tuna Twist

Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

Preparation:

1. Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.
2. In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and cucumber. Drizzle sauce over each and roll pita up tightly to serve.

EMILY RICHARDS/ CLOVER LEAF

This revolution will be eaten

Thin-crust pizzas are paired with one-of-a-kind micro brews at Beer Revolution This place knows its beer and even makes some of its own

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

DAN CLAPSON

Junior Boy Pizza ($18)

Calgary's newest craft beer establishment offers a straightforward menu with an emphasis on thin crust pizza. Original? Not really. Tasty? Yes.

For a quick lunch, I tried the Junior Boy Pizza ($17), a combo of marinara, prosciutto, grilled pineapple, jalapenos and smoked cheddar. The pie was finished with a drizzle of maple syrup, which I can only describe as oddly delicious.

I do give this place points for originality when it comes to drink selection. Along with some of its own micro-brews, Revolution cycles through all sorts of different beers throughout the month.

Digital screens picture airport-like arrival/departure postings that will let you know when a beer is arriving or when one will be heading out.

I ordered a glass of Oktoberfest-Marzen ($6) to go with my pizza, which, for example, will be departing today. It was a nice beer…maybe we'll try the long distance thing?

Beer Revolution
1080 8th St. W.
beerrevolution.ca
Licensed: Yes
Social lunch: Yes
Price range: $8 - 18
Rating: 3.5 out of 5

Give ham new identity

A bit of bourbon goes a long way in giving this familiar meat new life It's great for dinner parties

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1. Coat stoneware of a 5-L (20 cups) slow cooker with non-stick cooking spray. Add ham, cut side up. In a small bowl, combine apple juice, brown sugar, raisins, cinnamon and pepper flakes; stir well. Pour mixture evenly over ham. Cover; cook on Low for 9 to 10 hours or on High for 4 1/2 to 5 hours. Add cherries 30 minutes before end of cooking time.
2. Transfer ham to cutting board. Let stand for 15 minutes before slicing.
3. Pour cooking liquid into measuring cup and let stand 5 mins. Skim and discard excess fat. Return to slow cooker.
4. Turn slow cooker to High. In bowl, whisk cornstarch and bourbon until cornstarch is dissolved. Stir into cooking liquid. Cover; cook on High for 15 mins. until thickened. Serve sauce over sliced ham.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ CROCK-POT

Ingredients:

- 2.5 kg (6 lb) bone-in ham, butt portion
- 125 ml (1/2 cup) apple juice
- 175 ml (3/4 cup) packed dark brown sugar
- 125 ml (1/2 cup) raisins
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 75 ml (1/3 cup) dried cherries
- 50 ml (1/4 cup) cornstarch
- 50 ml (1/4 cup) bourbon

THE CANADIAN PRESS H/O

Ham in Bourbon Sauce

This recipe serves 10 – perfect for entertaining.

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TALKING TIPS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

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ISTOCK

▶ The bellman at a hotel should be tipped.

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members, from Australia, vacationing through China. At some point someone asked "does anyone know when and who to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you. Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Check to see if any pubs in your area offer trivia nights.

Ideas for your next date

1 Q & Play
Put your useless knowledge to the test at a local trivia night. Check pubs in your area — many offer some sort of Q&A evening. Team up with your partner to become one unstoppable quiz-show force.

2 Cache me if you can!
Who doesn't love a good treasure hunt? Go geocaching! Join in a public cache or "bury" your own treasure and have your guy or girl get searching.

3 Back to the future
Will you have a white-picket fence and 2.5 kids someday? Is a promotion just around the corner? Will the Cubs ever win a World Series? Find out your future forecast together by visiting a palm reader.

4 Early birdies
Watch the world wake up. Set your alarms for 5 a.m. some Saturday. Head to a lookout or good vantage point to see your town at a glance. Curl up in a blanket, sip some coffee and watch your city come alive.

5 You and the ___ factory
While it may not seem sexy, a factory tour can get your blood pumping! Find out how your fave sinful goodies are made: Think chocolate or booze!

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

How to deal with a divorce

LINDA CLARKE
LIFE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

Divorce is one of the most stressful and debilitating processes in life, but Lee Block — a two-time divorcée and the author of Re-Singled: 12 Truths, Half-Truths, and Untruths of Divorce — says it doesn't have to be.

Here is her guide to retaining mental and physical health while moving on.

Do

Forgive yourself
"This is the first thing I tell everyone. You have guilt, but life is a learning lesson and nothing is a mistake. Go forward armed with the knowledge you take from the divorce and what you've learned about who you are."

Be grateful
"You've got to count your blessings: You have a roof over your head (and) food on the table. You and your family are healthy.

"Even if you have depression, start being thankful for those small things, and you will begin to feel better."

Take some 'me' time
"Whether that's walking, taking a long bath, starting a hobby or doing yoga, it allows you to focus away from what's going on. Yoga or some type of mediation is centreing. Do something that will help you start each day fresh."

Don't

Be angry
"This is very difficult, but it gets easier with practice. When you see your ex, just say, 'Hello, how are you?' and move on quickly. You don't have to (talk)."

Speak any ill
"If your ex is badmouthing you all over town, don't do the same thing. They're probably picking at you to get a reaction. It's like a child: If you give them attention, then they do it more.

"Take the high road."

SPOILING YOUR HOLIDAY HONEY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise!

You get a $600 iPad and a terrible sinking feeling in your stomach because you only bought a $50 sweater.

Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season?

A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars.

While you're making dinner or out for a walk, ask your partner what they'd like for Christmas.

Then talk about what both of your holiday budget limitations are.

For example, you may have set aside $500 and have to buy gifts for 10 people while your honey may have $1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it!

Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours?

If you're not cool with the budget disparity, pitch the idea of setting a limit like $100 per person.

If you can't agree on a dollar value, consider putting money towards a joint gift like a weekend trip to the mountains.

Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts.

Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays, watching local plays, having friends over for movies, or playing shinny hockey with neighbours.

The holidays are not about money. They are about spending time with people you love and celebrating the many blessings in your life.

As long as you and your partner are on the same page as to what you'll spend on each other, there shouldn't be any hurt or guilty feelings.

What's in your best interest?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Are you challenged? According to the November study of Canada's 5.8 million residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments.

But let's also suppose you have credit card and credit line debt of $25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

If your non-mortgage debt payments are $500 it will take you 300 months or 25 years to retire the debt and you'll spend over $17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to $750 the debt vanishes in 40 months and interest costs decrease to $4,400.

At that point you can turn the entire consumer debt payment of $750 to your mortgage and it will begin to disappear very quickly.

"Before increasing mortgage payments tackle higher interest debt first."

-ALISON'S MONEY RULE

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by $77 a month.

A hike of 2% increases it by $158 monthly.

ISTOCK

▶ Don't be afraid of rising interest rates.

Now that's real protection from interest rate increases!

Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FIGHT COLD AND FLU SEASON

FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

– Ylva Van Buuren

GET WELL SOON

TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caffeinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

– Jane Doucet

ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

– Ylva Van Buuren

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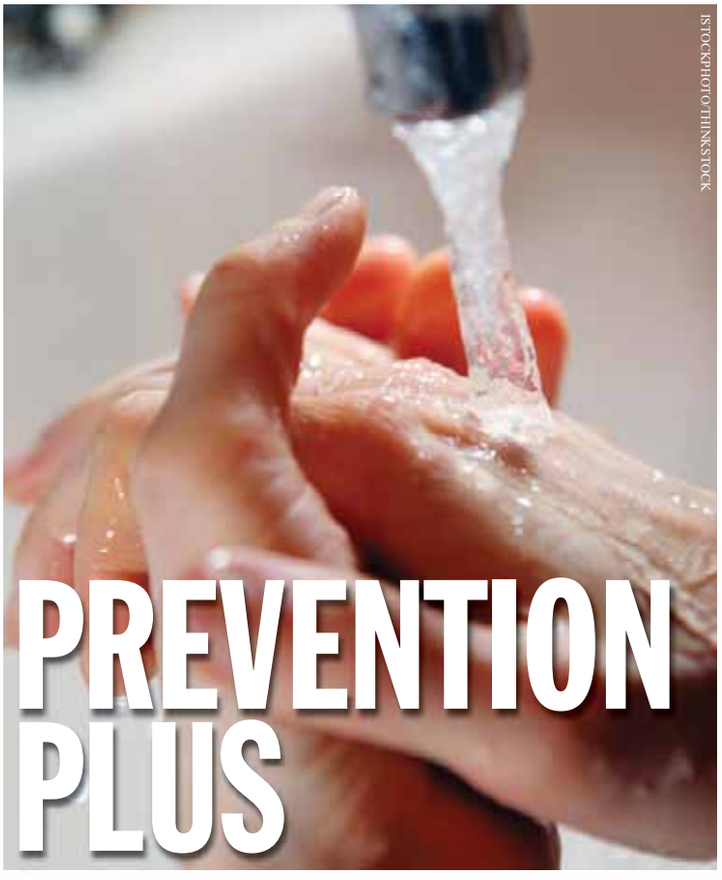


ISTOCKPHOTO/THINKSTOCK

PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY "This is the best way to stop the spread of those germs," says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. "Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up," says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. "So be careful not to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that," says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. "It helps boost the immune system in an effective way and you can take it in tablet or drop form." (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

– Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. "Even if you still get a cold, having a strong immune system will help you fight it faster."

Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lesson symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, herring, mackerel and sardines.

– Ylva Van Buuren

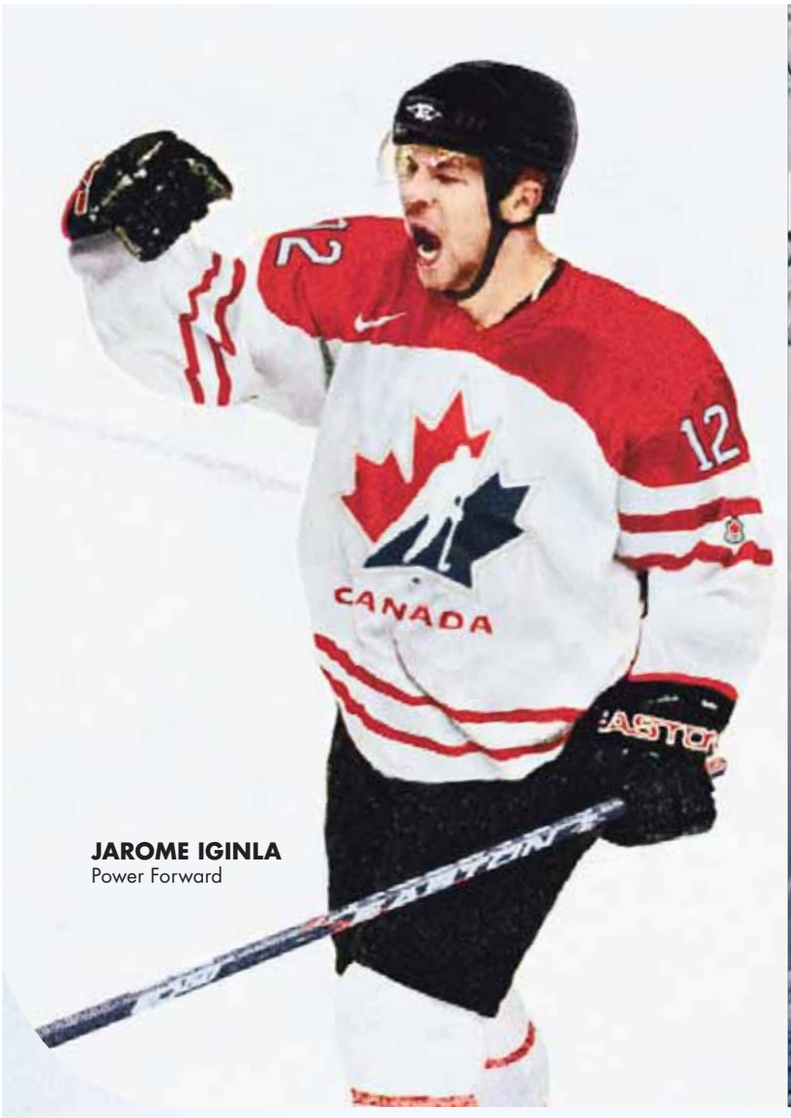
FEED A COLD, STARVE A FEVER?

Don't do it, according the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences. What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

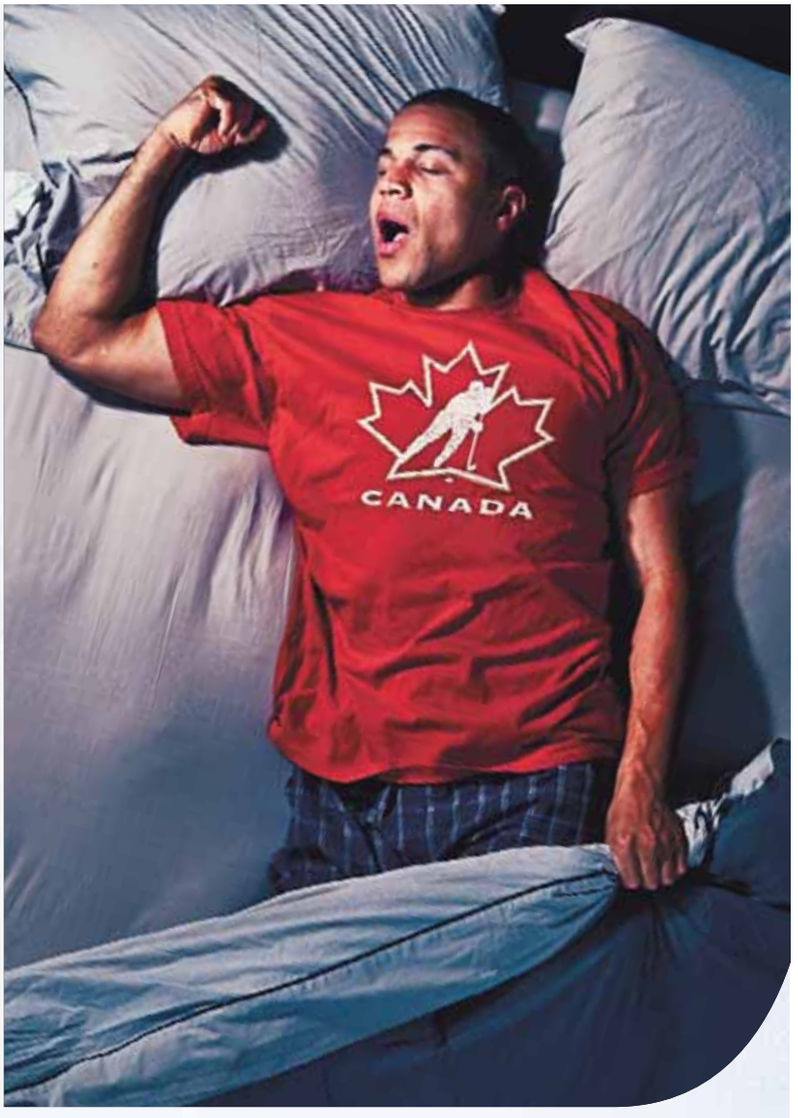
DRINK UP

"Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat," says Schiener. "The more lubricated your body, the easier it is for us to fight off infection and keep germs out." Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.

DIGITAL VISION/THINKSTOCK



JAROME IGINLA
Power Forward



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4 sports

‘Nuclear winter’ for NBA?

Commissioner says season is in jeopardy after players reject offer, start to disband union

SETH WENIG/THE ASSOCIATED PRESS

▶ NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players’ union yesterday.

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players’ association rejected the league’s latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said “nuclear winter” is coming.

“We’re prepared to file this antitrust action against the NBA,” union executive director Billy Hunter said. “That’s the best situation where players can get their due process.”

And that’s a tragedy as far as Stern is concerned.

“It looks like the 2011-12 season is really in jeopardy,” Stern said in an interview aired on ESPN. “It’s just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That’s not happening.”

Hunter said players were not prepared to agree to Stern’s ultimatum to accept the current proposal or face a worse one, saying they thought it was “extremely unfair.” And they’re aware what this battle might cost them.

“We understand the consequences of potentially missing the season; we understand the consequences that players could potentially face if things don’t go our way, but it’s a risk worth taking,” union vice-president Maurice Evans said. “It’s the right move to do.”

But it’s risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

“Mr. Kessler got his way, and we’re about to go into the nuclear winter of the NBA,” Stern told ESPN. “If I were a player ... I would be wondering what it is that Billy Hunter just did.”

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players’ guaranteed contracts could legally be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league’s labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining couldn’t produce a deal, with owners’ desires for more competitive balance clashing with players’ wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it’s the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

THE ASSOCIATED PRESS

Quoted

“I think the common bond with a lot of these faces that I see on the walls, especially the recent ones that I have some history with, is a real genuine passion and a love for the game and high competitive spirit in all of us.”

JOE NIEUWENDYK, WHO WAS OFFICIALLY INDUCTED INTO THE HOCKEY HALL OF FAME ALONG WITH DOUG GILMOUR, ED BELFOUR, AND MARK HOWE IN TORONTO YESTERDAY.

Scan code for more sports.

If not in Calgary, Burris intends to be a starting quarterback elsewhere

THE CANADIAN PRESS

The Calgary Stampeders head into the off-season unsettled at quarterback. That’s unusual for this football club.

Henry Burris made it clear yesterday he doesn’t want to play for the team next season as either a backup to, or in tandem with, Drew Tate.

The 36-year-old Burris intends to be an undisputed No. 1 quarterback and if not in Calgary, then somewhere else.

“I still see myself as one of the best in this league,” Burris said. “I don’t wear flip-flops in the winter, so I’m not going to do it on the football field either.

“I don’t know what decision is going to be made.”

Calgary’s season ended Sunday with a 33-19 loss to the Edmonton Eskimos in the CFL’s West Division semifinal. The Stampeders went 11-7 in the regular season.

Burris has been the unquestioned starter in Calgary for almost seven seasons until he was supplanted by Tate last month.

Tate took Calgary’s first snap in their last three regular season games, which were wins. The 27-year-old played the first half of Sunday’s loss in Edmonton before Burris replaced him in the second half.

“It would be tough for me to want to be in this position that I am right now because I’ve done so much and I still have so much more I can do in this game,” Burris said. “I think I’ve earned the respect to not be in a situation like this.”

Stampeder head coach and general manager John Hufnagel says he and Burris will discuss his future soon. In 2012, Burris would enter the option year of a four-year contract extension he signed in 2009.

With his salary reported to be in the $350,000-$400,000 range, it makes little financial sense to keep him as a part-time or backup quarterback.

“Over the course of the next four to six weeks, we’ll meet as a staff to evaluate the players and see what direction we’ll take,” Hufnagel said. “Henry and I will talk in the near future and pave a course of action.” THE CANADIAN PRESS

“I just need to play. I need to get myself in that situation and if it’s here, great. If it’s not, we’ve got to go from there and I guess find greener pastures or whatever you call it.”

HENRY BURRIS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	17	10	4	2	1	67	51	23	4-3-1-1	6-1-1-0	6-2-1-1	W2
d-Buffalo	17	11	6	0	0	52	42	22	5-4-0-0	6-2-0-0	6-4-0-0	W1
d-Washington	15	10	4	0	1	55	42	21	6-1-0-1	4-3-0-0	5-4-0-1	L1
Pittsburgh	17	10	4	1	2	51	40	23	5-1-1-0	5-3-0-2	7-2-0-1	L1
NY Rangers	15	9	3	1	2	43	31	21	5-1-0-1	4-2-1-1	7-2-0-1	W6
Toronto	17	10	6	1	0	51	58	21	5-3-1-0	5-3-0-0	5-5-0-0	L1
Florida	16	8	5	0	3	46	42	19	2-2-0-3	6-3-0-0	5-2-0-3	L1
Tampa Bay	17	8	7	0	2	48	55	18	5-1-0-0	3-6-0-2	6-4-0-0	L2
New Jersey	15	8	6	0	1	37	41	17	4-3-0-1	4-3-0-0	5-5-0-0	W1
Montreal	17	7	7	1	2	42	45	17	2-4-1-2	5-3-0-0	6-2-1-1	L1
Ottawa	18	8	9	0	1	53	65	17	5-4-0-1	3-5-0-0	5-4-0-1	W1
Boston	15	8	7	0	0	52	35	16	6-5-0-0	2-2-0-0	6-4-0-0	W5
Winnipeg	18	6	9	2	1	48	60	15	3-3-0-0	3-6-2-1	4-4-2-0	W1
Carolina	18	6	9	2	1	46	63	15	4-4-0-1	2-5-2-0	3-6-0-1	L1
NY Islanders	14	4	7	2	1	29	43	11	4-3-1-0	0-4-1-1	1-6-2-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	18	11	4	1	2	62	52	25	7-1-0-2	4-3-1-0	6-3-1-0	W3
d-Dallas	16	11	5	0	0	48	41	22	6-1-0-0	5-4-0-0	6-4-0-0	L2
d-Minnesota	17	9	5	2	1	39	36	21	5-2-1-0	4-3-1-1	7-2-1-0	W1
Edmonton	17	9	6	0	2	39	38	20	5-1-0-1	4-5-0-1	6-4-0-0	L3
San Jose	15	9	5	1	0	44	39	19	4-3-1-0	5-2-0-0	7-2-1-0	L1
Detroit	15	9	5	1	0	42	33	19	7-2-1-0	2-3-0-0	4-5-1-0	W4
Phoenix	15	8	4	1	2	43	39	19	4-3-1-1	4-1-0-1	6-2-1-1	W1
Nashville	16	8	5	2	1	43	42	19	2-2-1-1	6-3-1-0	6-2-2-0	L1
Los Angeles	17	8	6	1	2	41	40	19	5-4-0-1	3-2-1-1	3-5-1-1	W1
Vancouver	18	9	8	0	1	55	51	19	4-2-0-1	5-6-0-0	5-5-0-0	W1
St. Louis	16	8	7	0	1	40	38	17	5-1-0-1	3-6-0-0	6-3-0-1	W1
Colorado	17	8	8	1	0	49	54	17	2-6-0-0	6-2-1-0	3-6-1-0	L1
Calgary	16	7	8	1	0	35	42	15	3-4-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	17	6	8	1	2	35	51	15	4-4-0-0	2-4-1-2	2-5-1-2	L1
Columbus	16	3	12	0	1	36	60	7	3-5-0-1	0-7-0-0	3-7-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Winnipeg 5 Tampa Bay 2
Buffalo 3 Montreal 2 (SO)
Philadelphia 5 Carolina 3
Sunday's results
Vancouver 4 N.Y. Islanders 1
Chicago 6 Edmonton 3
Minnesota 3 Anaheim 2
Philadelphia 3 Florida 2
Saturday's results
Calgary 4 Colorado 3
Columbus 2 Winnipeg 1
Montreal 2 Nashville 1 (OT)
Ottawa 5 Toronto 2
Boston 6 Buffalo 2
Carolina 5 Pittsburgh 3
Detroit 5 Dallas 2
Los Angeles 5 Minnesota 2
New Jersey 3 Washington 2 (SO)
Phoenix 3 San Jose 0
St. Louis 3 Tampa Bay 0
Tonight's games
All Times Eastern
New Jersey at Boston, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Phoenix at Toronto, 7 p.m.
Minnesota at Columbus, 7 p.m.
Colorado at Pittsburgh, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Washington at Nashville, 8 p.m.
Florida at Dallas, 8:30 p.m.
Ottawa at Calgary, 9 p.m.
Tomorrow's games
Carolina at Montreal, 7 p.m.
New Jersey at Buffalo, 7:30 p.m.
Chicago at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SABRES 3, CANADIENS 2 (SO)

First Period
No Scoring.
Penalties — Leopold Buf (slashing) 2:38, Plekanec Mtl (tripping) 4:02.
Second Period
1. Montreal, Cole 4 (Subban, Pacioretty) 3:58 (pp)
2. Montreal, Pacioretty 8 (Desharnais, Cole) 14:17
Penalties — Gaustad Buf (roughing) 2:43, Gerbe Buf, Desharnais Mtl (roughing) 7:00, Gorges Mtl (interference) 7:20, Palushaj Mtl (tripping) 11:03, Gaustad Buf (slashing) 17:58.
Third Period
3. Buffalo, Pominville 7 (Roy) 0:53
4. Buffalo, Roy 6 (Vanek) 12:30
Penalties — Adam Buf (slashing) 9:09, Gaustad Buf (cross-checking) 14:02.
Overtime
No Scoring.
Penalties — Cole Mtl (goaltender interference) 0:19, Vanek Buf (tripping) 2:49.
Shootout
Buffalo wins 2-1
Montreal — Plekanec, miss; Pacioretty, goal; Gionta, miss; Buffalo (2) — Vanek, goal; Boyes, goal.

Shots

Buffalo	6	13	10	3—32
Montreal	10	9	4	3 —26

Goal — Buffalo: Enroth (W,5-0-0); Montreal: Price (SOL,6-6-3). **Power plays (goals-chances)** — Buffalo: 0-4; Montreal: 1-6.
Referees — Tim Peel, Brian Pochmara.
Linesmen — Pierre Champoux, Derek Nansen.
Att. — 21,273 (21,273) at Montreal.

JETS 5, LIGHTNING 2

First Period
1. Winnipeg, E.Kane 6 (Byfuglien, Burmistrov) 4:51
2. Winnipeg, Byfuglien 3 (E.Kane) 13:02
Penalties — E.Kane Wpg (high-sticking) 9:22, Stuart Wpg (slashing) 17:21.
Second Period
3. Winnipeg, Flood 3 (Stapleton, Little) 7:49 (pp)
4. Tampa Bay, St. Louis 4 (Stamkos, Lecavalier) 10:47
5. Winnipeg, Ladd 5 (Oduya, Wellwood) 12:14
Penalties — Bogosian Wpg (holding, unsportsmanlike conduct) 1:51, Downie TB (hooking) 6:40, Oduya Wpg (hooking) 16:48, Burmistrov Wpg (high-sticking) 17:31.
Third Period
6. Winnipeg, Stapleton 2 (Glass) 10:04
7. Tampa Bay, Stamkos 11 (Gilroy) 10:26
Penalties — Slater Wpg (slashing), Stamkos TB (interference, slashing) 19:16.
Shots on goal by

Tampa Bay	11	15	6	32
Winnipeg	16	9	14	39

Goal (shots-saves) — Tampa Bay: Roloson (L,5-4-1)(22-18), Garon (12:14 second; 17-16): Winnipeg: Pavalec (W,5-7-3).
Power plays (goals-chances) — Tampa Bay: 0-6; Winnipeg: 1-2.
Referees — Brad Meier, Ian Walsh. **Linesmen** — Thor Nelson, Mark Wheler.
Attendance — 15,004 (15,004) at Winnipeg.

SOCCER

MLS PLAYOFFS

MLS CUP

Sunday, Nov. 20
At Carson, Calif.
All times Eastern
Houston vs. Los Angeles, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results
EAST
Bye: Winnipeg
Hamilton 52 Montreal 44 (OT)
WEST
Bye: B.C.
Edmonton 33 Calgary 19

DIVISION FINALS

Sunday, Nov. 20
EAST
Hamilton at Winnipeg, 1 p.m.
WEST
Edmonton at B.C., 4:30 p.m.

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

NFL

WEEK 10

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	4	0	.556	215	200
Buffalo	5	4	0	.556	229	218
Miami	2	7	0	.222	158	178
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Houston	7	3	0	.700	273	166
Tennessee	5	4	0	.556	186	172
Jacksonville	3	6	0	.333	115	166
Indianapolis	0	10	0	.000	131	300
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Pittsburgh	7	3	0	.700	220	179
Baltimore	6	3	0	.667	225	152
Cincinnati	6	3	0	.667	212	164
Cleveland	3	6	0	.333	131	183
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Oakland	5	4	0	.556	208	233
San Diego	4	5	0	.444	216	228
Denver	4	5	0	.444	188	234
Kansas City	4	5	0	.444	141	218

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	218	211
Dallas	5	4	0	.556	223	182
Philadelphia	3	6	0	.333	220	203
Washington	3	6	0	.333	136	178
SOUTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
New Orleans	7	3	0	.700	313	228
Atlanta	5	4	0	.556	212	196
Tampa Bay	4	5	0	.444	156	233
Carolina	2	7	0	.222	190	237
NORTH	**W**	**L**	**T**	**Pct**	**PF**	**PA**
Green Bay	9	0	0	1.000	320	186
Detroit	6	3	0	.667	252	184
Chicago	6	3	0	.667	237	187
Minnesota	2	7	0	.222	179	244
WEST	**W**	**L**	**T**	**Pct**	**PF**	**PA**
San Francisco	8	1	0	.889	233	138
Seattle	3	6	0	.333	144	202
Arizona	3	6	0	.333	183	213
St. Louis	2	7	0	.222	113	223

Last night's result
Green Bay 45, Minnesota 7
Sunday's results
Dallas 44 Buffalo 7
Denver 17 Kansas City 10
Miami 20 Washington 9
St. Louis 13 Cleveland 12
Arizona 21 Philadelphia 17
Tennessee 30 Carolina 3
Pittsburgh 24 Cincinnati 17
Houston 37 Tampa Bay 9
New Orleans 26 Atlanta 23 (OT)
Jacksonville 17 Indianapolis 3
Seattle 22 Baltimore 17
San Francisco 27 N.Y. Giants 20
Chicago 37 Detroit 13
New England 37 N.Y. Jets 16
Thursday's result
Oakland 24 San Diego 17

HOCKEY

AHL

Sunday's results
Hamilton 5 Binghamton 2
St. John's 4 Connecticut 3
Toronto 4 Albany 3 (OT)
Houston 5 Charlotte 2
Bridgeport 4 Hershey 2
Milwaukee 3 Oklahoma City 2
Providence 3 Worcester 2
San Antonio 3 Texas 2
Tonight's games
All Times Eastern
Abbotsford at San Antonio, 11:30 a.m.
Adirondack at Portland, 6:30 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Peoria at Hamilton, 7:30 p.m.

CHL/RUSSIA SUPER SERIES

Last night's result
At Sault Ste. Marie, Ont.
OHL 6 Russia 3
Tomorrow's game
At Regina
All Times Eastern
Russia vs. WHL, 8 p.m.

WOMEN'S FOUR NATIONS

At Nykping, Sweden
Sunday's results
BRONZE MEDAL
Sweden 2 Finland 1
GOLD MEDAL
U.S. 4 **Canada 3** (SO)
Saturday's results
SEMIFINALS
Canada 3 Sweden 1
U.S. 10 Finland 0

FOOTBALL

CIS PLAYOFFS

(seedings in parentheses)
Saturday's results

ATLANTIC CONFERENCE

LONEY BOWL
Acadia (1) 39 Saint Mary's (2) 20

QUEBEC CONFERENCE

DUNSMORE CUP
Laval (1) 30 Montreal (3) 7

ONTARIO CONFERENCE

YATES CUP
McMaster (2) 41 Western Ontario (1) 19
Friday's result

CANADA WEST CONFERENCE

HARDY CUP
Calgary (1) 62 British Columbia (2) 13
Friday, Nov. 18

UTECK BOWL

At Moncton, N.B.
McMaster vs. Acadia, 6:30 p.m.

MITCHELL BOWL

Laval at Calgary, 9:30 p.m.
Friday, Nov. 25

VANIER CUP

At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS—Named Edwin Rodriguez manager of Carolina (SL).
LOS ANGELES ANGELS—Named Hal Morris director of pro scouting.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Sold RHP Kam Mickolio to Hiroshima Toyo (Nippon Professional Baseball League).
CHICAGO CUBS—Named Shiraz Rehman assistant to the general manager.
PHILADELPHIA PHILLIES—Agreed to terms with RHP Jonathan Papelbon on a four-year contract.
ST. LOUIS CARDINALS—Named Mike Matheny manager.

NFL

JACKSONVILLE JAGUARS—Placed CB Rashean Mathis, G Eben Britton and LB Kyle Bosworth on injured reserve. Signed TE Fendi Onobun off Washington's practice squad. Signed TE Colin Cloherty to the practice squad. Waived TE Schuylar Oordt from the practice squad.

HOCKEY

NHL

ANAHEIM DUCKS—Claimed LW Niklas Hagman off waivers from Calgary. Assigned C Peter Holland to Syracuse (AHL).
LOS ANGELES KINGS—Placed F Dustin Penner on injured reserve. Recalled F Andrei Loktionov from Manchester (AHL).
MONTREAL CANADIENS—Recalled F Andreas Engqvist from hamilton (AHL).
NEW YORK ISLANDERS—Recalled F Nino Niederreiter from Bridgeport (AHL).

AHL

PEORIA RIVERMEN—Announced D David Shields was assigned to the team from Alaska (ECHL).
SAN ANTONIO RAMPAGE—Signed LW Jeff LoVecchio.
SPRINGFIELD FALCONS—Signed F Tim Spencer.

LACROSSE

MINNESOTA SWARM—Signed T Greg Downing and D Tyler Collins to two-year contracts.

SOCCER

COLUMBUS CREW—Signed MF Eddie Gaven to a multiyear contract extension.

U.S. COLLEGE

MIAMI—Announced S Ray-Ray Armstrong has been reinstated to the football team.

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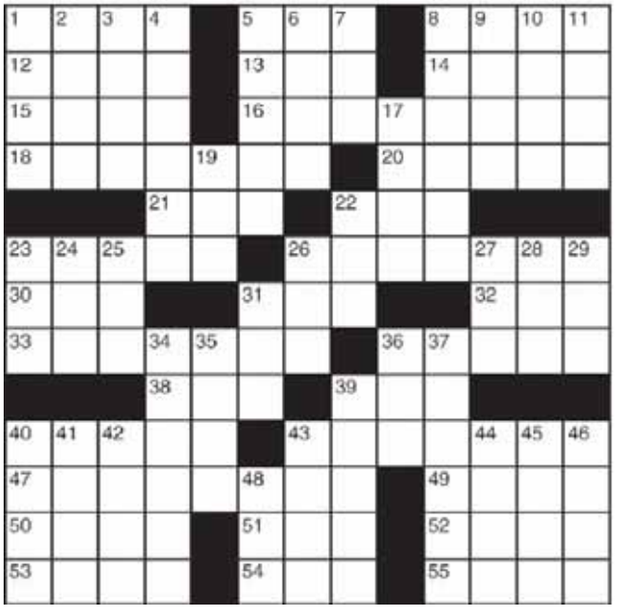
Crossword



Across

1 Dispatch a dragon
5 Pharm. watchdog org.
8 Spades or hearts
12 Former larva
13 Writer Fleming
14 Leading man?
15 CEO, e.g.
16 Poisonous metallic element
18 "— Overcome"
20 In a proper way
21 Attempt
22 Eggs
23 Intersection
26 Green onion
30 Tavern
31 Jewel
32 Rage
33 Not deep
36 Moisten poultry
38 Ump's call
39 Scoundrel
40 Butter substitutes
43 Braided bread
47 Thurgood of the Supreme Court
49 Tittle
50 Rim
51 Dove's call
52 Siblings' biz abbr.
53 Night light?
54 Optical organ
55 Ninth mo.

Down

1 Jet forth
2 Sumptuousness
3 Tarzan's pals
4 America's Cup contenders
5 In a proper way
6 Willy Wonka's creator
7 Literary collection
8 Female friend
9 Mine entrance
10 Manhandle
11 TV trophy
17 Volcanic outflow
19 They're between kues and esses
22 Resistance unit
23 Letterman's network
24 "Go team!"
25 Man-mouse link
26 Stitch
27 Fleur-de- —
28 Table scrap
29 Shirt shape
31 Understood
34 Untie
35 Thriving
36 Sheep's call
37 Extemporizes
39 Actress Sevigny
40 Portent
41 Stow cargo
42 As a result
43 Satiate
44 Traditional tales
45 On
46 Own, Biblically
48 Expert

▶ Yesterday's answer

Sudoku

1				8				5
	9				1	3	7	
	8		9	5				
	1					9		
6		7				5		2
		2					4	
				7	3		2	
	2	8	4				6	
3				6				1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

MUFFIN
Everytime I look in your eyes my soul comes alive, I feel I could touch the sky, You touch everypart of my heart ... I knew it from the start, I adore you from the top of your head right down to the tip of your toes, I have told the world So everybody knows I love and adore you My Muffin Man Love Pie
FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...
FROM C. L. SNOW WHITE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 0°	Min 0°	Min -2°
Max -6°	Max -6°	Max -11°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug.23 Don't be too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24- Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20. You may think that supporting a certain cause makes the world a better place, but is that really true?

SALLY BROMPTON

Caption contest

ITSUO INOUYE/THE ASSOCIATED PRESS

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WIN!

You write it!

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